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BOOK REVIEWS

IN CHARGE OF

M. E. CAMERON, R.N.

FIRST AID IN NURSING AILMENTS. By Emelyn Lincoln Coolidge, M.D. Author of "Mothers Manual," and Editor of Babies' Department of the *Ladies Home Journal*, formerly House Physician of the Babies' Hospital, New York City, Attending Physician in Diseases of Children and Society of the Lying-In-Hospital of the City of New York. Sturgis and Walton, New York. Price 50 cents.

This little book makes one more of the goodly army of its kind intended for the use of mothers in the safe conduct of their children through the minor ailments which beset them in their early years.

It might seem to the reader that the solemn warning of the preface against attempting to handle any serious disorder without the aid of a physician was contradicted by the directions which follow, especially the first paragraph of the book, where a course of dosing extending over three or four days would seem to be delaying the call for a physician a trifle longer than safety demands. This, however, we do not need to decide and since a doctor has issued the orders, they must be all right. It is not a book on nursing nor is it intended for nurses.

FOOD—WHAT IT IS AND DOES. By Edith Greer. Ginn and Company, Boston. Price \$1.00.

The author of this book has succeeded in transforming a lot of prosaic facts, information for all, into a delightfully readable little book. "Humanity is discovering what grows everywhere in the earth, water, air. What humanity can use for food is being eaten. What different foods do when eaten is being studied by science and learned by humanity." This may seem but elementary and folks may claim to know all about the subject, but if there is nothing new to be taught about food and the proper nourishment of the human body, why is it that so large a proportion of the distempers which vex humanity are due to errors in diet? There is need for greater attention to this department in our life and if you need to be convinced of it, read this book. Nothing more conducive to stimulate the interest and arouse the attention of housekeepers has come my way in a long time and even if you find that it fails to interest you in domestic problems, you will be obliged to own that it furnished you entertainment. We are